

Stop Thinking Start Living Discover Lifelong Happiness

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How To Stop Worrying and start living

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Key Lessons from "Stop Thinking, Start Living" 1. There Is a Difference Between the Reality and Your Thoughts and Feelings 2. Your Natural State Is the State of Happiness 3. Use Your Analytical Brain Less to Be Happier. There Is a Difference Between the Reality and Your Thoughts and Feelings

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